

Strong Bones:

Name: _____



3 is the Key

Put a circle around all the foods in the Milk group. *Hint: You should count 6 circles when you are finished.*



Draw a picture or write one thing on each line from the milk group that you could eat or drink in a day. Add them up and write the number in the box.

_____ + _____ + _____ =

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson K—Strong Bones, 3 is the Key

Eat Smart Be Smart